

**There's an old saying that the quickest way to a man's heart is through his stomach. It's a bit sexist, but there's some truth that a woman gains a man's affection if she feeds him good food. When we get hungry, we look for something to satisfy us. The right cook can do it. A really good cook is someone who offers nutrition and flavor, someone who wants our welfare as well as our loyalty. But sometimes we satisfy our hunger with things that offer more flavor than nutrition. The makers of junk food also know the quickest way to our heart is through the stomach. They tell us if we eat and drink their products, we will have fun, be popular with friends, gain unlimited wealth, find the partner of our dreams, be good looking and forever young. They lie. They want our loyalty, but they don't always want our welfare. They work their way into our heart through the stomach.**

**We all hunger for food, for love, success, and attention. But our most fundamental hunger is for God; that is how human beings are made. Unfortunately, we sometimes satisfy this hunger with other things – the wrong food, excessive drink, possessions, gambling, drugs, or inappropriate touching. We are constantly tempted to satisfy our hungers with a quick fix – something with more flavor than nutrition. It takes discipline to eat the right things and to act the right way. Everyone has hunger, but not everyone has discipline. Everyone ultimately hungers for God, but we get distracted, and we feed that hunger the wrong way.**

**Our responsorial psalm today is about satisfying our hunger for God. King David probably did not write the psalms, but there is a tradition that he did, and that he wrote this one to thank God for his deliverance. Before he became king, David was so popular that King Saul tried to kill him. David sought refuge with another king, one who did not know him, but when he got there, he feared that king wanted to kill him too. It was too late simply to run away; David had to meet the guy, so he pretended to be out of his mind, scribbling nonsense on the door and drooling over his beard. The king saw this and thought David couldn't possibly be a threat, so he sent him away. The story demonstrates one way people have used this psalm: as a prayer of thanksgiving whenever God spares us – from international terrorism or personal tragedy.**

**We sing this psalm today because of the verse that says, "Taste and see how good the Lord is; blessed are those who take refuge in him." When people take refuge in God, God delivers them from trouble, and they experience how good God is. They don't just feel or see the goodness of God – they can actually taste it. God so wants to be a part of our lives, that he picks the quickest way to our hearts; he comes through the stomach. If we seek God, we will taste God's goodness with every mouthful of life.**

**God wants our welfare and our loyalty. We hunger for God. We are tempted to fill up in sinful ways, but when we pray, do charity and live according to God's ways, we will be strong to avoid what harms us, and God will satisfy our hunger.**